

SENIOR CORNER

Marsha Petrillo, Director – 508-278-8622

Susan White – Administrative Assistant 508-278-8622

Carrie Walden, Nutrition Site Manager – 508-278-7609

Joe Rondeau, Transportation Coordinator - 508 – 278-8622

Mary Rice, Outreach Coordinator – 508-278-8638

The mission of the Uxbridge Council on Aging Board and the Director of the Senior Center is to identify the needs of our senior citizens, to educate the community relative to those needs and to promote and implement services to help fill them. In addition, we serve as a resource center for our senior citizens, families in need and to our Community at large.

Message from Marsha Petrillo, Director Dear Reader: Did you know that Medicare and Medicaid offers new comprehensive health plans that may save you money? The Senior Care Options (SCO) program was created to offer seniors aged 65 or older the opportunity to receive quality health care that combines health services with social support services. The SCO program currently provides seniors with the option of enrolling in one of three SCO health plans.

The three plans available are:

- ☐ Commonwealth Care Alliance
- ☐ Evercare
- ☐ Senior Whole Health

Look for our special video on Uxbridge cable access or call Mary Rice, our SHINE Representative at 508-278-8638 or Marsha Petrillo, Director, at 508-278-8622 to learn more about these comprehensive health care plans that may give you more benefits, including Part D, for \$0 premium.

SPECIAL THANKS

The Uxbridge Council on Aging Board and the Senior Citizens of Uxbridge extend their deep gratitude and heartfelt thanks to our firefighters, our police department, and our emergency management team for their heroic efforts and, especially for protecting our Senior Center, as they battled one of the largest mill fires in the history of our Commonwealth. As we remember our Burnat Mill Complex, we thank our local readied response teams for their courageous effort and for the spirit of cooperation which defines our community. At this time, we also want to extend our sincere thanks to the many neighboring communities who came to our aid. Our gratitude to you is great!

As many of you know, the Senior Center hosted a special luncheon to honor our Fire Department on Thursday, August 16th. At this time I would like to thank Pastor Bob Howard, of the Uxbridge Nazarene Church, for offering up a special community prayer.

We thank you for your kind words and for joining us on this memorable occasion. I am particularly indebted to the music group from the Nazarene Church: Dennis Cabral, Linda Nelson, Lisa Ackerman, Deb Cnossen, and Kurt Savage for sharing their special musical talents with us. We cherish our very own, Dot Munhall, for saying grace, as she often does for us each day. Thank you so much, Dot. To Richard Provencal, our long time friend and volunteer, we give thanks for his idea to share beautiful laminated prayer cards depicting St. Florian on the front and the Firefighter's Prayer printed on back. Thank you for reading the prayer for our audience. Your ideas helped to make our luncheon a great success. Thank you Richard! We owe Fire Chief Peter J. Ostroskey, Deputy Chief William T. Kessler, Capt. Melissa Blodgett, Capt. Michael J. Legendre, Capt. Steven R. Tancrell, Firefighter Joseph R. Nedder Jr., and Paramedic Cheryl Finn for taking time out of their busy schedules to attend our honorary luncheon. Reader, I want you to know that many of our firefighters were unable to attend our luncheon because they were busy responding to ambulance calls while others were called to man a tanker that headed out just before our lunch was served. We are sorry you could not join us at the luncheon, but send our thanks to you for your daily care of our community.

We are very proud of all who participated and shared their stories of the Bernat Mill. I thank Hester Kosiba, for starting us off with her special friendship story which caused her to take time to learn the Polish language so she could better communicate with a woman under her supervision. Hester worked for 35 years as a supervisor and earned a watch and pin upon her retirement. I want to thank Lena Bonaventura and Ann M. Connors, for sharing their love stories. Lena and Ann met their husbands at the mill and remain close friends and neighbors today! Thank you Eukie Brouillette and June Hadley for sharing your special stories of the Bernat Mill. We were happy to hear from Raymond "Al" Erickson. Al represented a younger generation of workers and reminded us that the mill sustained families and provided jobs for local teenagers across the generations through the 1960's and well into the 1970's. A special thanks to Robert F. Romasco and his son, Dennis F. Romasco for displaying an original Air Force Blue Uniform manufactured at the Bernat Mill for the Army Air Force. And for sharing a special magazine printed in the 1940's outlining the mills history and depicting all the special fabrics manufactured at our Bernat Mill. What a nice surprise for all! Thank you Bob, for sharing your stories and your special memorabilia with all of us we appreciate all that you brought to help us remember. It is good to know our mill will live on in the hearts of so many of our citizens. We hope the stories will continue. If you have a special story or memory of the Bernat Mill that you would like to share, please contact Marsha Petrillo @ 508-278-8622 or Diane Pollard, Director of the Blackstone Valley Community Chorus. Diane is planning an upcoming concert to remember our Mill and we would like to include your stories. Remember, we are the stories we tell. Help us preserve our history, share a story!

Special thanks to Mary Rice, Outreach Coordinator, Susan White, Administrative Assistant, Joe Rondeau, Van Driver and Carrie Walden, Food Site Manager and all of our volunteers. Reader, Please know, you can count on the staff and volunteers at the Senior Center to lend a hand when there is a need! Thank you from my heart for showing so much care! I thank our Town Manager, Jill R. Myers, our Police Chief, Scott Freitas,

Police Sgt. Peter Emerick, Selectman Kevin J. Kuros and other local officials for attending our luncheon.

Lastly, but certainly not forgotten, I am deeply indebted to our former Fire Chief , William B. Albin. Thank you Chief for always showing up, sometimes with next to no notice, to videotape our events for cable access. Bless you for preserving our community's memories. We send our sincere thanks to you today while our future extends its thanks tomorrow.

NEW! SEPT IS OPEN ENROLLMENT FOR OUR FALL WELLNESS PROGRAMS!

YOGA for Seniors and Friends with Sandra Waite, Fitness Instructor
TAI CHI for Seniors and Friends with Faith Kennedy, Instructor

The Senior Center will offer Mat Yoga classes for seniors and their friends beginning in September. Mat Yoga is offered on Thursdays from 3:15 pm to 4:15 pm. The class is open to Seniors and we encourage seniors to bring family members and friends while space is available. Tai Chi classes are offered every Monday beginning at 10:30 am. Our Tai Chi classes are very popular and offer open enrollment so you can join in at any time. While our wellness programs are offered free of charge to senior citizens and their family members and friends, we do suggest a voluntary donation of \$3.00 per person to help cover the costs for running these special wellness programs.

DONATION REMINDER: If you would like to make a monetary donation to the Senior Center, we ask that you make all checks and money orders payable to: THE TOWN OF UXBRIDGE. Monetary donations, payable to the Town of Uxbridge, will be deposited weekly into our donations and gift account. Please know that your donations will be used to help fund educational programs, special events, and additional services offered only at the Senior Center. If you have any questions about how to make donations to the Uxbridge Senior Center please do not hesitate to call me at 508-278-8622. We are grateful for your donations and appreciate your continued support.

COMPUTER CORNER – Classes begin Wednesday, September 5th

Computer classes are offered on Wednesday afternoon beginning at 3:30 pm and run for approximately one hour. We gear our computer classes to meet your individual needs. Please call Marsha at 508-278-8622 to enroll. I look forward to meeting you!

GROCERY SHOPPING:

Attention Uxbridge Seniors: Do you need transportation to the grocery store? Did you know that we travel to Hannaford Market every Tuesday and Wednesday morning? Please contact our Transportation Coordinator, Joe Rondeau, @ 508-278-8622 to make your reservation on the van. Pickup begins at 8:30 am.

IMPORTANT NAMI NOTICE: The Tuesday night NAMI Support Group will resume on Tuesday, September 4th at 7:00 pm at the Senior Center, 21 South Main Street, Uxbridge. Please call Connie or Jim at 278-9833 if you have any questions or need more information about this important support group. This group offers support to individuals who have loved ones diagnosed with mental illness.

SENIOR CLUB

The Senior Club will resume their meeting on Wednesday, September 12th at 1:30 pm. The Senior Club meets at the Uxbridge Senior Center on the second and fourth Wednesdays each month. We are looking for new members and enrollment in this group is open year round. Call the Center to learn more about us!

September 2007 - UPCOMING EVENTS

Pitch Party Every Monday Night:

September 10, 17, 24th. No Pitch on Monday, Sept. 3rd. Pitch begins @ 6:30 PM ~ \$2 donation. We are always looking for new participants. We have a big comfortable Center. Just right for playing cards together. Stop by and check us out. We offer 1st, 2nd, 3rd prizes, Door Prizes, and fun, fun, fun! Coffee and complimentary refreshments served each week.

Mon., Sept. 3rd:

The Senior Center will be closed in observance of Labor Day. Have a safe and happy holiday!

Tues. Sept. 4th:

NAMI Support Group will resume @ 7:00 pm @ Senior Center. This group offers support to individuals who have loved ones diagnosed with mental illness.

Tuesday Afternoons 1:30 – 4:00 PM:

Come join us for an afternoon of card playing every Tuesday at the Uxbridge Senior Center. Contact Rita @ 278-2824 for more information about this card group. All are welcome!

Wed., September 5th:

Computer Classes begin @ 3:30 today. Call Marsha @ 508-278-8622 to enroll. Classes are geared to your individual needs. Call to enroll early - our space is limited!

Thurs., Sept. 6:

SHINE Representative Mary Rice will be on hand from 9:00 am to 11:30 am to answer your medical and insurance questions. Please call Mary at 508-278-8638 to schedule an appointment to discuss Prescription Advantage, MassHealth Buy-In, Evercare, SCO, Fallon and Medicare Part D.

Thurs., September 6th:

Super Wal-Mart Shopping –We have maps of the Wal-Mart floor plan to help you find your way through this super store! Each department is listed including the grocery store. Pickup begins @ 8:30 AM – You must call each month to reserve your seat to Wal-Mart. Sorry, we cannot save your seat from month to month. Please call if you can't make it so the next person can jump aboard from our waiting list. Thank you!

Monday, Sept., 10:

The Senior Center will hold a special picnic lunch today. Lunch will be served outside at 36 South Main Street (weather permitting). Join us for this end of summer special outdoor gathering. We will serve corn chowder, potato and chicken salad together with pickled beets and a special dessert! Games & Door Prizes. Call Carrie at 508-278-7609 to make your luncheon reservation today.

Tuesday, Sept. 11:

5:00 pm COA Board Meeting @ 36 South Main St., Uxbridge Senior Center – All are welcome to attend.

Sun., Sept. 16th:

The UNNC (The Uxbridge Newcomers and Natives Committee) will meet at The Uxbridge Senior Center @ 7:00 pm on Sunday, September 16th. Call Ann Cook and/or Janice Kimball, newly appointed Co-chairs, for more information about this fun group. Make new friends and meet your neighbors!

Monday, Sept. 17th:

The Senior Center will host a special musical variety show introducing: John Grundstrom, Vocalist and therapeutic recreation director from the Woodlake at Tolland facility in Tolland, CT. John specializes in songs from Al Jolson, Irving Berlin, Gene Autry, Glen Miller, Frank Sinatra, Eddie Arnold and more. John performed for 7 years on stage @ Mechanic's Hall in Worcester for the St. Vincent Hospital Variety Show and has been singing professionally since 1996. Join us for this fun luncheon musical variety

show. Call Carrie @ 508-278-7609 or Susan @ 508-278-8622 to reserve your lunch today!

Weds., Sept. 19th:

1:00 – 2:30 pm Gail Trubow, our Fallon Representative will be on hand to answer your insurance health questions. You must call the Center @ 508-278-8622 to make an appointment. First come first served.

Sat., Sept. 22nd: SERVE New England: Distribution begins @ 10:00 AM Call 1-888-742-7363 or go online to www.serve-newengland.org. To learn how you can save up to 50% and more on high-quality, fresh foods or call the Center @ 508-278-8622.

REMINDER: Transportation to and from medical appointments is available at the Senior Center. Call ahead, as soon as you book your next appointment. It is never too early to book an appointment. If you are willing, we will gladly reschedule your appointment if there is a conflict. Call Susan, at 508-278-8622 to make your medical appointment reservation.

SEPTEMBER MENU - We invite you to come and join us for lunch beginning at 12 noon daily. Let us know how you like our new meal selections. Please call Carrie Walden, Nutrition Site Manager, 48 hours in advance to reserve your meal. Bill can be reached @ 508-278-7609. \$2 Donation per meal - \$3.50 ages 59 and under.

The menu includes milk and margarine. Menus are subject to change.
Reservations must be made 48 hours in advance.

- 9/3 Center Closed in observance of Labor Day Holiday
- 9/4 Ham w/maple glaze
- 9/5 Roasted Chicken w/supreme sauce
- 9/6 Beef Marsala
- 9/7 Macaroni & cheese
- 9/10 Picnic Lunch: Chicken Salad, Potato Salad, Pickled Beets & Corn Chowder and a special dessert from Hannafords! Games and Door Prizes offered today! Join Us. Call 278-8622 or 278-7609.
- 9/11 Turkey dinner w/all the fixins
- 9/12 Spaghetti & Meatballs
- 9/13 Chicken Francese
- 9/14 Beef Teriyaki
- 9/17 Port Supreme w/mushroom sauce
- 9/18 Honey Baked Chicken
- 9/19 Swedish Meatballs
- 9/20 Baked Fish w/lemon pepper sauce
- 9/21 Hot Dog & Roll, baked beans & coleslaw
- 9/24 Chicken Picatta
- 9/25 Stuffed Cabbage

9/26 Salmon Boat w/Dill Sauce
9/27 Turkey Dinner
9/28 Chicken Florentine

REMINDER: The Uxbridge Senior Center is a cool down center in the extreme heat. We have plenty of room and offer movies, books, puzzles and games. Bring your friends and get the party started! Please call us at 508-278-8622 if you need transportation to our center. We will be happy to assist you. Have a happy and safe summer.